

FCp641.5
N87c1

SOME FAVORITE TAR HEEL DISHES

THE LIBRARY OF THE
UNIVERSITY OF
NORTH CAROLINA



THE COLLECTION OF
NORTH CAROLINIANA

FCp641.5
N87c1

SOME FAVORITE TAR HEEL DISHES

In North Carolina, food preparation and preferences vary almost as much as the State's geography. In general, traditional Southern foods enjoy the greatest popularity in the Variety Vacationland State. Most Tar Heel cooks are highly skilled in the preparation of such typical items as hot biscuits, cornbread, fresh vegetables, "garden salads" and fried chicken. Rice and grits are more favored by Piedmont and coastal residents than by the people of the Blue Ridge and Great Smoky Mountains, who are inclined toward potatoes and "big" hominy. Barbecue and country ham vie for honors as North Carolina's favorite meats, but you'll seldom find two people who cook their barbecue or cure their hams in the same manner. Hush puppies (a variation of cornbread) are traditional accompaniments for seafood along the coast and barbecue in Eastern and Piedmont North Carolina. In the mountains, cornbread is more likely to be served. While many recipes and food preferences are a heritage from Colonial days and reflect the taste of English and Scots settlers, the Germans who came down through the Shenandoah Valley to Western North Carolina and the Moravians who founded Old Salem in the 1760's gave North Carolina a legacy of German foods.

Game cookery varies widely in North Carolina, as it does elsewhere, and is an important art because of the abundance of game birds and animals available in the State. The same thing is true of fish -- from brooktrout fresh-caught from mountain streams to the salt water fish and shellfish abundant on the coast.

Ingredients for most of the recipes which appear in this bulletin are easily obtainable in any part of the United States (with the exception of some species of game and fish).

Many other recipes from North Carolina are found in "North Carolina and Old Salem Cookery" by Elizabeth Hedgecock Sparks (Seeman Press, Durham); "Kirsty's Secrets", a Scottish cookbook by Marguerite Alexander (John Fries Blair, Winston-Salem); "Favorite Recipes from North Carolina Kitchens" from your Home Demonstration Agent or send \$1 plus 10¢ postage to Home Economics Office, 101 Ricks Hall, State College Station, Raleigh, N. C.; Extension Circular No. 465 "Fish and Shellfish for Your Table" and Extension Circular No. 464 "Seafood Cookery in North Carolina" from North Carolina Agricultural Extension Service, N. C. State University, Raleigh, N. C.

GAME AND FISH

Great Smoky Mountains Roast Black Bear

In the Great Smoky Mountains and along the Coastal Plain of North Carolina, black bears are hunted extensively. Roast bear is considered a delicacy.

Place frozen bear meat (trim off excess fat, leaving only about 1/2 inch on the meat) in luke warm water until completely thawed: then rub generously with salt and pepper. Melt a small amount of fat in a heavy skillet or dutch oven and sear meat well. Add boiling water a quarter way up on the roast; then 1 clove of crushed garlic, 1 medium onion(chopped), 2 stalks celery, 1 small pod dried red pepper, a few needles of rosemary, 1/2 bay leaf, 2 tablespoons catsup, 2 teaspoons Worcestershire sauce, 1/2 teaspoon celery salt, 1/2 teaspoon dry mustard. Cover closely and let simmer, turning occasionally and adding water as necessary. When very tender (about 3 hours), remove bear roast from liquid, to which add flour and water paste to thicken to medium gravy consistency. This is to be strained and poured over thin slices of the bear roast on hot platters. Excellent served with wild rice, or fluffy long-grained rice.

Mr. and Mrs. Tom Alexander
Waynesville, North Carolina

(over)

Wanchese Wild Duck

2 or 4 wild ducks	Claret or sherry (about 1 cup)
oranges	salt, pepper
celery	1/2 cup bacon fat
apple	1/2 stick butter or margarine

Soak ducks for at least 1 hour in salted cold water. If they are thought to be gamey, plunge them into a kettle of boiling water, to which a chopped onion and a teaspoon of salt have been added, and cook three minutes. Drain ducks, and rub inside and out with mixture of salt and pepper. Place in each duck as much as it will hold of the following: orange and apple slices with skin on, short stalks of celery. Pour at least a tablespoon of wine into the stuffed duck. Place ducks in baking pan (your oven broiler tray is perfect for this) lined with aluminum foil. Rub skin of ducks liberally with mixture of bacon fat and butter. Roast in slow oven (250-300 degrees) until ducks are tender, basting frequently with their own juices and the remainder of the wine. Flavor is enhanced if ducks are covered with foil or an inverted pan during first half hour of cooking. After they are done, they will retain their flavor and tenderness if covered tightly and allowed to remain in warm oven. Note: Duck is done if it is tender and does not bleed when skin is pierced with fork.

Serve with white or wild rice, cranberry sauce or current jelly, and any desired vegetables. Before serving ducks, remove orange, apple and celery stuffing.

Piedmont Dove (recipe also suitable for Quail or Woodcock)

4 or 6 dove or woodcock	1 large onion
(dressed but not cut up)	1/2 stick butter or margarine
salt and pepper; flour	1/4 teaspoon thyme
2 stalks celery	1 cup sherry
4 strips bacon	

Soak birds in salt water for 20 to 30 minutes. Drain, and flour lightly. Fry bacon in heavy iron skillet and remove, leaving all fat in skillet. Add butter or margarine and when melted with bacon fat (but not smoking hot), add chopped onion and celery. When vegetables are tender, add birds and brown. Remove from heat, add thyme and 1/2 cup sherry. Place in medium oven (300-350 degrees) and continue cooking, basting with juices and the remainder of the sherry. When birds are tender, place in casserole and garnish with bacon strips. Serve with wild or white rice, cranberry sauce or current jelly, and any vegetables or salad desired. A delightful salad accompaniment is lettuce, escarole, grapefruit sections and avocado with French dressing. Note: Entire cooking process once birds are ready for oven can take place in a casserole.

Miriam Rabb, Travel Editor
N. C. Travel & Promotion Division

Brunch Quail

4 quail (cleaned but not cut up)	6 small mushrooms, sliced
salt, pepper, flour	2 tablespoons chopped parsley
1/4 cup butter	4 buttered toast slices or
1/2 cup water	trenchers

Sprinkle quail inside and out with salt, pepper, and flour. Melt butter in a skillet; add quail and brown on all sides. Add water and mushrooms. Cover and cook over low heat 10 minutes. Add parsley, cover and cook 10 minutes longer, or until tender. Serve on buttered toast or trenchers with mushroom sauce in pan, fried hominy squares (or grits) and apple sauce.

Sportsman's Service Bureau

Currituck Roast Mullet

Down on Currituck Sound, on the northeastern coast of North Carolina, a mullet roast is a favorite diversion when the mullet are running in autumn. Spring mullet can also be prepared this way -- and the roasting process can take place in an inland location if fresh mullet are available at the local fish market.

Dress fresh mullet, leaving the heads on. Insert sharp-pointed sticks (about 18 to 24 inches long) in the fish's mouths, and slant over a bed of live hardwood coals, turning occasionally. Within a half hour the fish are done and delicious. Mullet are especially suitable for this type of preparation.

tion in autumn, when they are fat and do not dry out in the cooking process.
 Point Harbor Grill
 Point Harbor, N. C.

Carolina Fish Chowder

This is a very flexible recipe which can easily be prepared out of doors or indoors to feed a big crowd.
 Dice one-half pound of salt port (fat back) and brown in hot skillet, adding four or five chopped onions and a bunch of chopped celery.
 Place browned meat, fat and vegetables in a heavy, deep vessel and add about a dozen large potatoes, diced, and a bunch of chopped carrots.
 Clean five to eight pounds of fish (mullet, channel bass, grouper, or bluefish); fillet to remove bones, and chop into small squares. Add to vegetables and cover entire mixture with water. As the water boils, season to taste with salt, pepper and thyme, stir frequently, and add water as needed. Milk may be added if desired. Long slow cooking is essential; mixture should be consistency of thick stew when done (thicken with flour if desired).

Core Sound Clam Chowder

Clams from Core, Bogue and other sounds along the North Carolina coast are sweet and tasty. Fresh clams are delicious raw, on the half shell, or served as a cocktail with a piquant sauce. The clam chowder described below is delicious, and can be prepared with canned clams if fresh clams are not available.

1 qt. clams	3 medium sized onions
1 qt. clam juice	1/2 lb. pork (fat)
12 medium sized Irish potatoes	salt, pepper

Fry pork and use fat only. Dice clams and add clams and clam juice to fat. Cook 45 minutes, stirring frequently. Then add diced potatoes and onions, with approximately 1 qt. water and boil until potatoes are cooked, adding salt and pepper to taste. Serve hot with hush puppies, saltines and a salad.

Elmer Willis
 Williston, North Carolina

Broiled Flounder

1 large or 2 medium sized whole, dressed flounder (heads should be removed, but fins and tails left on)	1/2 stick butter or margarine 2 strips bacon salt, pepper lemon
1/2 cup water	

Place flounder in broiler pan lined with foil (do not use broiler rack). Pour water and the juice of one lemon around flounder, sprinkle fish with salt and pepper, dot with butter, and place bacon strips on top of fish. Broil slowly (place pan well below broiler unit), basting frequently with juices.

TAR HEEL TRADITIONS

Tar Heel Hush Puppies

"Hush Puppies" are a traditional Southern delicacy enjoyed in many parts of the South. In North Carolina they are often served with fish or barbecue. Their unusual name is said to have originated when hunters dropped bits of corn-cake batter into the frying pan to be cooked and thrown to the hungry hunting dogs saying "Hush, puppies".

2 cups corn meal	1 teaspoon salt
2 tablespoons flour	1 egg, slightly beaten
1/2 teaspoon soda	1 cup buttermilk
1 teaspoon baking powder	

Mix all dry ingredients together. Mix egg and buttermilk and add to dry ingredients and mix. Drop by the spoonful immediately into deep hot fat. Cook until hush puppies float and are well browned. Two tablespoons of chopped onion may be added to the recipe, if desired.

Beth Tartan, Food Editor
 JOURNAL-SENTINEL
 Winston-Salem, North Carolina

p49639

Tar Heel Brunswick Stew

1 large stewing chicken	2 8-ounce cans tomato sauce
1 lb veal or beef	salt
2 large potatoes	pepper
1 large onion, diced	tobasco
4 cups whole grain corn	worcestershire sauce
4 cups lima beans	butter

Stew chicken and veal or beef together until the chicken is ready to fall from the bones. Cool and shred chicken and veal with fingers, discarding skin and fat. Put meat back in broth, skimmed of excess fat, and continue to simmer. Dice potatoes and cook with beans, corn and tomato sauce. When potatoes are tender, combine with chicken. The mixture will be thin like soup.

Simmer for several hours to thicken. Season to taste with salt, pepper tobasco, Worcestershire sauce and a liberal amount of butter.

The secret of brunswick stew is the long period of simmering -- this makes for a thorough blending of flavors. Serves 10 to 12. This mixture freezes most successfully.

Beth Tartan, Food Editor
JOURNAL-SENTINEL
Winston-Salem, North Carolina

Penelope Barker Tea Cakes

In 1774, at Edenton, North Carolina, Mrs. Penelope Barker presided over the first Revolutionary Tea Party, at which 51 ladies of Edenton endorsed the resolutions of the first Provincial Congress and resolved:

"We the Ladys of Edenton do hereby solemnly engage not to conform to that pernicious practice of drinking tea, or...ye wear of any manufacture from England, until such time that all acts which tend to enslave this our native country shall be repealed."

Tradition says that they drank tea made from dried raspberry leaves, and ate tea cakes baked by Mrs. Barker.

In present day Edenton, most housewives are familiar with the recipe for "Penelope Barker Tea Cakes". The cakes are served at a tea at the restored Penelope Barker House during the biennial Pilgrimage of Colonial Edenton and Countryside in April.

1 quart flour	2 cups brown sugar
3/4 cup butter and lard mixed	1 tablespoon water
1 teaspoon soda	1/2 teaspoon salt
3 eggs	

Beat eggs, add sugar, salt and soda dissolved in water. Mix flour, butter and lard, add to other mixture. Roll and cut. Bake in hot oven.

How to Cook Grits

North Carolinians feel that people from other parts of the country would enjoy grits if they had the opportunity to eat this dish properly cooked. The main essential is to put the grits on well ahead of time -- in a double boiler if you haven't time to stand and stir. But do stir them frequently.

It is preferable to soak grits in cold water overnight or at least an hour before putting them on to cook. Follow the directions on the package as to proportion of water to grits (usually about 1 cup of grits to 3 cups of water to start with, but add water as the mixture thickens.) Salt to taste. Grits should be cooked slowly for a least an hour, then salted. By this time they are quite thick. Add a little milk as the grits continue to cook. They can be kept on the fire almost indefinitely if they are not allowed to burn or become dry.

Use plenty of butter or ham gravy on your grits. Grits are a breakfast or supper delicacy, but are not customarily served at noon.

Most North Carolinians, like most other southerners, consider it an outrage to eat grits as a cereal with sugar and cream.

MORAVIAN RECIPES FROM OLD SALEM, WINSTON-SALEM, NORTH CAROLINA

Moravian Christmas Cookies

1 qt. Puerto Rico molasses	1 tablespoon cloves
1 lb. brown sugar	1 tablespoon ginger
1/2 lb. lard	1 tablespoon soda
1/2 lb. butter	1 tablespoon soda

Moravian Christmas Cookies (continued)

2 tablespoons cinnamon

Flour enough to make a stiff
dough (about 3 3/4 lbs.)

Add the sugar to the molasses and mix well. Add lard and butter which has been melted and cooled. Sift the spices and soda with a little flour and add to the molasses mixture, stirring in well. Then add the rest of the flour until you have a stiff dough. Let stand overnight. Roll very thin on a floured board; cut in shapes with cookie cutter and bake on greased tins in moderate oven (about 350 degrees). This recipe makes about six pounds of cookies.

The best cooks claim that this dough actually rolls out better and thinner after it is several days old. Once the cookies are baked, they will keep fresh and crisp indefinitely if stored in air-tight tins.

The recipe above is considered a direct descendent of an old German recipe which was baked in Salem as early as 1766.

Moravian Sugar Cake

3/4 cup butter and lard
scant cup white sugar
2 eggs
1 cup mashed potatoes
1 cup potato water
2 teaspoons salt

1 yeast cake
6 to 8 cups flour to make soft
dough
butter
cinnamon
brown sugar
cream

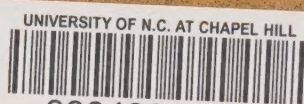
Cream shortening and sugar; beat in eggs. Add mashed potatoes, potato water, and salt, yeast softened in 1/4 cup warm water. Add flour to make a soft dough. Let rise 2 to 3 hours. Pat out in greased pans and let rise again.

Punch holes in top of dough and fill with bits of butter and cover with brown sugar and cinnamon. Drop cream lightly over top.

Bake in 400 degree oven for 20 minutes, or until brown.

#

Digitized by the Internet Archive
in 2021 with funding from
University of North Carolina at Chapel Hill



00049316818

FOR USE ONLY IN
THE NORTH CAROLINA COLLECTION

